

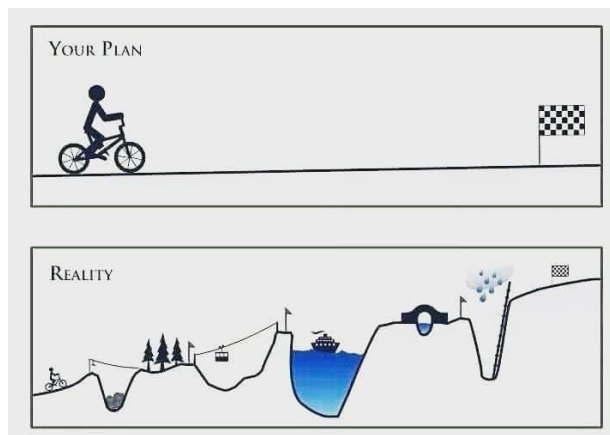
## Marion McCleod - Key Take-aways:

1. **Make sure you know where your 'True North' is** and the values that will take you there. Keep checking in that you're on track. They will tie you to your non-negotiables – do you know what these are?
2. **A successful life** balances career, relationships, health, and personal growth.

There is no one path to where you are going but as the Cheshire Cat, in Alice and Wonderland, said – 'if you don't know where you are going any path will take you there'.

The anchor for that plan are your values. Knowing your values helps guide decisions in both work and home life, creating harmony.

Regular reflection helps identify gaps between your current state and where you want to get to.



3. **Living a fulfilling life** means aligning actions with values, nurturing well-being, and embracing growth in all areas—not just professionally, but emotionally, spiritually, and socially—honoring the whole of life, not just one part of it.
4. Take the time to get to **know yourself** – really well – you're worth it. Take the time to reflect on what *gives you strength* and what it is that *drains your energy*.
5. **Be strategic** but remember that life will throw you 'curve-balls' – your values will be an anchor as you tack sideways to move forward.
6. No-one gets through life without **failures and difficulties**, these are fantastic 'opportunities' to learn something about yourself and your world – make the most of them.
7. **Grab luck** when it arrives. It is there for a reason, don't squander it.
8. A saying often misquoted as Mandela's but wonderful nonetheless –  
*"We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Well actually, who are you not to be? Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. As we let our own light shine, we unconsciously give other people permission to do the same." – We need to flourish and let others around us flourish too.*
9. **Imposter syndrome** is a thing! – Jacinda Ardern, ex Prime Minister of New Zealand, suffered from it so we can too!

Finally, a quote from Sally Capp, our past Lord Mayor – **"I won't let what I can't do, stop what I can do."**

Good luck on your journeys.